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GROWTH . . . a measure of good nutrition

Two weeks old, each rat weighs 22 grams. Note soft, fine hair; plump, well-shaped bodies.



Four weeks old, rat weighs 47 grams. Fur and body shape are good. Appears bright and lively.



Twelve weeks old, mature rat weighs 193 grams. Weight, posture, shape, fur, eyes—all show signs of good nutrition.



Rats are used for nutrition studies because they will eat the same foods we do and quickly show the effect of good and bad diets. A rat grows up 30 times as fast as a child and usually lives less than 3 years.